

Regular Line

|                       | BREAKFAST   | LUNCH   | DINNER   |
|-----------------------|---|---|--|
| M<br>O<br>N           | Cinnamon Rolls<br>Oatmeal/Grits<br>Eggs to Order/Hardboiled Eggs<br>Grilled Ham<br>Cream Sausage Gravy<br>Hashbrowns<br>Blueberry Pancakes<br>Biscuits/Breakfast Gravy                          | Chicken Noodle Soup<br>Cream of Broccoli Soup<br>Country Fried Steak<br>Creole Fish<br>Mashed Potatoes/Gravy<br>Steamed Broccoli<br>Creamed Corn<br>Dinner Roll | Soup Du Jour<br>Meat Loaf/Brown Gravy<br>Au Gratin Potatoes<br>Asparagus<br>Carrots<br>Panini Roll   |
| T<br>U<br>E<br>S      | Bran Muffin<br>Oatmeal/Grits<br>Eggs to Order/Hardboiled Eggs<br>Oven Baked Bacon<br>Corned Beef Hash<br>Lyonnaise Potatoes<br>French Toast<br>Biscuits/Breakfast Gravy                         | Navy Bean Soup<br>Vegetable Soup<br>Polish Sausage with Peppers<br>Chicken Tenders<br>Onion Rings<br>Green Beans<br>Hoagie Rolls                                | Soup Du Jour<br>New England Boiled Dinner<br>With<br>Potatoes<br>Carrots<br>Cabbage<br>Horseradish<br>Cornbread  |
| W<br>E<br>D           | Blueberry Muffin<br>Oatmeal/Cream of Wheat<br>Eggs to Order/Hardboiled Eggs<br>Sausage Patty<br>Creamed Chipped Beef<br>Baked Beans/Cornbread<br>Home Fried Potatoes<br>Biscuit/Breakfast Gravy | Minestrone Soup<br>Cream of Asparagus Soup<br>Cabbage Rolls<br>Spaghetti with Meat Sauce<br>Mixed Vegetables<br>Collard Greens<br>Garlic Bread                  | Soup Du Jour<br>Stuffed Pork Chop   Gravy<br>Stir Fried Rice<br>Turnip Greens<br>Squash Medley<br>Panini Rolls   |
| T<br>H<br>U<br>R<br>S | Coffee Cake<br>Oatmeal/Grits<br>Eggs to Order/Hardboiled Eggs<br>Grilled Ham<br>Corned Beef Hash<br>O’Brien Potatoes<br>Strawberry Pancakes<br>Biscuit/Breakfast Gravy                          | Cream of Mushroom Soup<br>Split Pea Soup<br>Fish Strips<br>Meatball Sub<br>Lima Beans<br>Corn on the Cob  | Soup Du Jour<br>Fried Chicken<br>Macaroni and Cheese<br>Green Peas<br>Steamed Beets<br>Golden Dinner Roll  |
| F<br>R<br>I           | Cinnamon Rolls<br>Oatmeal/Grits<br>Eggs to Order/Hardboiled Eggs<br>Oven Baked Bacon<br>Scrapple<br>Hashbrowns<br>French Toast<br>Biscuit/Breakfast Gravy                                       | New England Clam Chowder<br>Knickerbocker Soup<br>Assorted Pizza<br>Tuna Salad/Croissant<br>Cauliflower<br>Blackeye Peas  | Soup Du Jour<br>Grilled Ham Steak<br>Mashed Potatoes<br>Green Beans<br>or<br>Eggs to Order<br>Belgian Waffle/Strawberries<br>Biscuits                      Grits |
| S<br>A<br>T           | Blueberry Muffin<br>Oatmeal/Cream of Wheat<br>Eggs to Order/Hardboiled Eggs<br>Sausage Patties<br>Creamed Ground Beef<br>Lyonnaise Potatoes<br>Buttermilk Pancake<br>Biscuit/Breakfast Gravy    | Cream of Potato Soup<br>Vegetable Soup<br>Lasagna<br>Sweet and Sour Ribs<br>Oven Fried Potatoes<br>Oriental Vegetables<br>Club Spinach                          | Soup Du Jour<br>Veal Scallopini<br>Garlic Smashed Potatoes<br>Broccoli & Cheese<br>Country Corn<br>Dinner Rolls  |
| S<br>U<br>N           | Danish Pastry<br>Oatmeal/Grits<br>Eggs to Order/Hardboiled Eggs<br>Grilled Ham Slice<br>Oven Baked   Bacon<br>Baked Beans/Cornbread<br>Hashbrowns<br>Biscuit/Breakfast Gravy                    | Cream of Tomato Soup<br>Turkey Noodle Soup<br>Crab Cakes<br>Grilled Chopped Steak/Gravy<br>Loaded Potato Casserole<br>Carrots Amadine<br>Green Beans            | Soup Du Jour<br>Whole Roast Turkey<br>Cranberry Sauce<br>Cornbread Dressing<br>Asparagus Casserole<br>Corn on the Cob<br>Panini Rolls                            |

DESSERTS

|       |                       |                               |
|-------|-----------------------|-------------------------------|
| Mon   | Lemon Meringue Pie    | DL Apple Pie, No Sugar Added  |
| Tues  | Peanut Butter Cookies | DL SF Tapioca Pudding         |
| Wed   | Choc Layer Cake       | DL Choc Cake with Cherries    |
| Thurs | Rice Pudding          | DL Sponge Cake with Fruit     |
| Fri   | Sweet Potato Pie      | DL Cheesecake                 |
| Sat   | Boston Cream Pie      | DL Cherry Pie, No Sugar Added |
| Sun   | Walnut Cream Cake     | DL Banana Pudding, Sugar Free |

DAILY SHORT ORDER LINE

Grilled Hamburger  
Grilled Hotdog(M,T,Th,F,S,Su)  
Grilled Chicken Breast  
Grilled Cheese Sandwich  
Sauerkraut/Chili  
Lettuce/Tomato/Onion  
Steak Fries  
Assorted Cold Cuts (Wed Only)  
Swiss Cheese (Wed Only)

Diet Line Menu #4 – Week of October 2 – 8, 2006

Items with DL before the menu name indicates this item has been modified to be lower in calories, fat and/or sodium than the Regular line item. The Diet Line is designed to promote healthier eating and can be used to adhere to most modified diets. Residents who require a therapeutic diet are advised to make an appointment with the Registered Dietitian for one-on-one consultation.

|                  | BREAKFAST  | LUNCH  | DINNER   |
|------------------|--|--|--|
| M<br>O<br>N      | Oatmeal/Grits<br>Eggbeaters<br>Hardboiled Eggs<br>DL Ham Slices<br>Biscuit/DL Gravy  | DL Cream of Broccoli Soup<br>Baked Fish<br>Brown Rice<br>Steamed Broccoli<br>Yellow Squash/Onions                | Soup Du Jour<br>Meat Loaf/DL Gravy<br>DL Au Gratin Potatoes<br>Wax Beans            Calico Corn<br>Panini Roll         |
| T<br>U<br>E<br>S | Oatmeal/Grits<br>Eggbeaters<br>Hardboiled Eggs<br>Turkey Bacon<br>DL Lyonnaise Potatoes<br>Biscuit/DL Gravy                    | DL Vegetable Soup<br>Baked Chicken Tenders<br>Baked Potatoes<br>Green Beans<br>Baked Tomato Halves               | Soup Du Jour<br>Roast Beef<br>Boiled Potatoes<br>Carrots<br>Cabbage  |
| W<br>E<br>D      | Oatmeal/Cream of Wheat<br>Eggbeaters<br>Hardboiled Eggs<br>Turkey Sausage Patty<br>Biscuit/DL Gravy                            | DL Minestrone Soup<br>Spaghetti with Sauce<br>Mixed Vegetables<br>California Blend<br>Garlic Bread               | Baked Pork Chop<br>DL Stir Fried Rice<br>Boiled Okra<br>Squash Medley<br>Panini Roll                                   |
| T<br>H<br>U<br>R | Oatmeal/Grits<br>Eggbeaters<br>Hardboiled Eggs<br>Turkey Bacon<br>Biscuit/DL Gravy   | DL Cream of Mushroom Soup<br>Lemon Baked Catfish<br>Carrots<br>Collard Greens                                    | Soup Du Jour<br>Baked Chicken<br>DL Macaroni and Cheese<br>Oriental Vegetables<br>Steamed Beets    Golden Dinner Rolls |
| F<br>R<br>I      | Oatmeal/Grits<br>Eggbeaters<br>Hardboiled Eggs<br>Turkey Bacon<br>Biscuit/DL Gravy   | DL Knickerbocker Soup<br>DL Veggie Pizza<br>Cauliflower<br>Snow Peas   | Soup Du Jour<br>Vegetarian Cutlet<br>DL Mashed Potatoes<br>Green Beans<br>California Mix                               |
| S<br>A<br>T      | Oatmeal/Cream of Wheat<br>Eggbeaters<br>Hardboiled Eggs<br>DL Creamed Ground Beef<br>DL Lyonnaise Potatoes<br>Biscuit/DL Gravy | DL Vegetable Soup<br>Vegetable Lasagna<br>Boiled Vegetables<br>Harvard Beets                                     | Soup Du Jour<br>Braised Veal<br>DL Garlic Smashed Potatoes<br>Eggplant Casserole<br>Stewed Tomatoes<br>Dinner Rolls    |
| S<br>U<br>N      | Oatmeal/Grits<br>Eggbeaters<br>Hardboiled Eggs<br>Turkey Sausage Link<br>Biscuit/DL Gravy                                      | DL Turkey Noodle Soup<br>Grilled Chopped Steak/Gravy<br>DL Potato Casserole<br>Mushrooms w/Onions<br>Green Beans | Soup Du Jour<br>Whole Roast Turkey<br>Baked Sweet Potatoes<br>Asparagus<br>Carrot Almandine<br>Panini Rolls            |

BREAKFAST STANDARD MENU ITEMS

Prunes, Bagel, English Muffin, Syrup, SF Syrup, Bananas, Grapefruit Sections, Fruit Deluxe, Applesauce, Cream Cheese

STANDARD MENU ITEMS ALL MEALS

Asst Bread, Asst Dry Cereal, Asst Juice, Asst Milk, Asst Beverages, Coffee, Decaf Coffee, Tea, Tea Bags, Butter, Margarine, Sugar, Sugar Substitute, Salt Pepper, Asst Condiments

STANDARD SALAD BAR ITEMS FOR LUNCH/ DINNER

Lettuce garnished w/romaine leaves, Cherry Tomatoes, Cucumbers, Chopped Onions, Celery Sticks, Sliced Pickles, Carrot Sticks, Shredded Cheese, Coleslaw, Bacon Bits, Sliced Beets, Sliced Peppers, Broccoli Florets, Green Olives, Jalapeno or Banana Peppers, Sugar Free Jello

STANDARD SALAD DRESSINGS

Bleu Cheese, Catalina French, Ranch, Thousand Island, Fat Free Italian, Balsamic Vinegar, White Vinegar, Olive Oil

DAILY SALAD BAR ROTATION

Mon: Pineapple Chunks, Macaroni Salad  
Wed: Pear Halves, Potato Salad  
Fri: Apricot Halves, Three Beans Salad  
Sun: Fruit Cocktail, Carrot & Raisin Salad

Tue: Peach Slices, Marinated Cucumbers  
Thurs: Pineapple Slices, German Tomato Salad  
Sat: Mandarin Oranges, Pasta Salad